

Buffered vitamin C 1/2 to 2 grams 4 times a day

B complex equivalent to "b25" or "b50" 4 times a day

Zinc 50-100 mg

Magnesium 500-1000 mg in divided doses  
(Please note that this is MaGnesium, NOT MaNganese)

Milk thistle extract 4 times a day preferably w/meals  
(equivalent to 250-750 mg silymarin)

Vitamin E 1000-3000 IU daily

Mixed carotenes, lycopene, etc.

flax 1-2 2/3 tbsp = 15-50g

borage oil 1-4grams

Selenium 200 mcg as selenomethionine.

Chromium picolinate 200 mcg with every meal.

Molybdenum about 1000 mcg a day.

CoQ10 100-400mg

Hyderygine 10-20mg/day